



## **A Tree Talk by Brandon Neblett in 1990**

When you are face-to-face with hardship, it is important to talk about it with someone. Whether it is a parent, sibling, teacher or friend, find someone you trust and open up to them. Don't try to keep the problem locked up inside. Talking about the problem is the best way to sort it out... We all face hardship and others have experienced the same hardships you are. The best-adjusted people are those who look at adversity as a challenge, as an enhancer of self-growth and who attack their problems with confidence and poise.